Sawgrass Elementary Counseling Newsletter!

October 2026



It's Fall, Y'all

School is well under way! While school-work is important, it's equally as important to give our brains breaks! The more well rested and relaxed our students are, the more they can succeed in school!



October Theme: Responsibility - Resiliency

This month we're focusing on Responsibility and Resiliency. This means:

- Having a growth mindset
- Setting & Achieving Goals
- Achieving goals and learning how to work through stress
- Staying focused & motivated!



LIFE SKILLS IN SCHOOL



Links and Resources

- BCPS Mental Health Resources:
Click Here!

- SEL At Home:
Click Here!

Support in Schools

As your school counselors, our job is to make sure that all of our students are happy, healthy, and performing their best. Sometimes school is hard and overwhelming! We're here to help. Whether that's taking a quick break, going for a walk, or talking it out/problem-solving together.

Click the links below to learn more about School Counseling!

Sawgrass Elementary Counselors

BCPS Counseling Services